

**HOME GYMNASIUM
FOR WOMEN**
*To Preserve Health, Strength
and Figure*
BY PAULINE FURLONG

NO. 32—THE FEET AND ANKLES; HOW TO STAND.

This week we shall have an entirely new series, and it includes exercises and treatments for the hands, feet, legs and ankles. First of all, I will tell you why we have so many complaints about the over-worked and much abused feet. To begin with, we do not and never have been taught to stand correctly, and it is this which causes all the troubles of the feet in after life.

Lack of space, with other important articles, has been my only reason for neglecting this subject so long, for I do not consider any physical culture course that does not include it complete.

Those of my readers who are compelled to stand many hours a day are probably the ones who have suffered most seriously from burning, aching and swollen feet and dull pains from the ankle to the sole of the foot. This is often the result of flattened feet, which often leads to more serious ailments, such as nervousness, neck swelling and headaches. It is only in recent years that people are beginning to understand that what they often term the dangerous dilatations of the blood vessels of the feet and rheumatism, is really flattening of the arch of the foot.

PROPER STANDING.

To start with, you must first learn the right position of the feet in a normal condition. They should be turned straight forward and, when in this position, slightly hollowed at the sides. The weight of the body and the pressure should be given to the inner side and the great toe, the outer side and the heel, and not on the inner side alone, where the arch is highest.

The important bones and ligaments at the knees are held firm and straight when you assume the correct foot position, and many deformities of the feet are due to improper walking. When we turn the toes out the thigh bone is thrown right out of gear and twists toward the inner side, and thus, of course, changes the knee joint, so that the muscles can not keep the knees straight. This often causes knock-knees and bowlegs, which would never have developed if the child been taught early in life to point the toes perfectly straight instead of outward, which is the foolish custom of to-day.

The unsightly bulging of the ankle bone at the inner side, and large ankles are also results of turning the toes out, taking the weight all of the weight of the body on the arch, and it is through this continual pressing on the arch that the delicate ligaments and tendons are forced out of their proper positions and stretched until the arch falters, flattening the foot and causing it to lose its natural spring and elasticity. The intense spasms and dull pains are caused by the strain on the ligaments and the constant pressing on the nerves and the blood vessels.

First of all, then, it is important to learn to point the toes properly when walking, and to do it illustration will give you some idea of this. You should wear a shoe which has a tendency to twist the foot inward and throw the weight toward the outer side, and the soles, when held together, should form a straight line on the inner side, broad at the moderately low straight heel and have the general appearance of being pigeon-toed.

Even in these days of extremes it is quite possible to purchase "common sense" shoes in a great many of the shops, and it is a good plan to have several pairs on hand and change them even more than once a day, if possible.

To-morrow I will explain to you how the calves and ankles may be improved.

Letters From Evening World Readers Following Miss Furlong's Lessons.

R. M. writes: "I am very glad to state that, like many of your other followers you have done me a great deal of good." Please advise me if onions are good for the blood and complexion. Do they make one feel drowsy when eaten in the morning? Will tincture of benzoin injure the skin?"

Onions are good for the blood and complexion. They contain a powerful diuretic which promotes digestion, induces sleep, relieves rheumatic pains and are a splendid remedy for coughs and colds. They will make you drowsy if eaten in the morning. Benzoin is not injurious to the skin. It bleaches it and is a strong astringent. It should be used much diluted. If put in cold creams and lotions it preserves them.

LAURETTA asks: "Will you kindly state what kind of saw palmetto to use for developing the bust? Should I get the extract, elixir or what? The druggist says saw palmetto is too inferior to be used. I cannot obtain it."

Get the fluid extract saw palmetto and take ten to fifteen drops (one-quarter teaspoonful) in half a glass of warm milk or water. After a while you may increase the dose to one-half teaspoonful.

MARGARET H. (Salt Lake City) asks: "Can the bust developer containing the fluid extract goastric be taken without the simple syrup?" It cannot.

WALTER K. (Denver) asks: "What can I do for a soft corn between the toes?"

Corns are a part of the cuticle made hard by pressure. They are of three varieties—hard, soft and vascular. While all corns are more or less painful, the soft ones are the least, which, fortunately, is not long after starting the treatment, as they are not deep-rooted. They appear between the toes and are the result of improper drying or perspiration. Always bathe the feet in hot water for at least ten minutes when treating any kind of a corn, to soften the skin, dry out the inflammation. Use a good medicated soap, dry the feet well and cut the corn with a sharp pointed knife.

**HOW TO STAND**

Readers of Miss Furlong's articles are invited to write to her, in care of The Evening World, requesting information that will aid them in following her illustrated lessons.

Every night until the corn disappears Wear low shoes underneath.

MRS. C. E. writes: "I am interested in the article you wrote and am reading the questions column very much. Will you kindly tell me of a inexpensive way to make little dips used in soups with little bones. It is good for rheumatism, if taken every morning until the pain is gone."

Yes, this is good. The bones salts neutralizes the acid in the lemon. Take it in a glass of hot water. You may also drink buttermilk with good results. Lemons are the very best treatment, and I have printed many testimonies from readers who have rid themselves of rheumatism permanently from them. Take nothing alcoholic, no white or hot breads, no sweets, highly seasoned dishes and little meat, if any. Diet is very important.

W. H. writes: "I am a constant reader of your columns and would like you to state in the paper if peas and beans are fattening."

Indeed, they are very fattening.

NEWPORT IS TOO LAX FOR BOYS OF THE NAVY

If Morals Don't Improve, Station Will Be Removed, Knight Tells Residents.

NEWPORT, Oct. 18.—There was a large crowd at the meeting in the Opera House yesterday to consider the question raised by the letters recently written by Rear Admiral Knight and Capt. Roger Willis of the Naval Training Station, asserting that unless moral conditions were bettered none of the young men of the station would be allowed liberty here.

Rear Admiral Knight told the audience that Newport would lose the station altogether unless conditions were bettered, and, further, that the Atlantic Fleet would not be in Narragansett Bay if the officials of the city did not stop illegal liquor selling, gambling and other evils. He glorified the common sailor, the enlisted man of the navy, as follows:

"Take 1,000 men from all walks of civil life, like the men of this audience, and 1,000 men from the enlisted personnel—not selected men, but typical men of the country, and you could beat out the civil men every time. The enlisted man of today is a fine specimen of manhood."

BANKING AND FINANCIAL

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\$500,000,000**Anglo-French Five Year 5% External Loan****THE JOINT AND SEVERAL OBLIGATION****OF THE GOVERNMENTS OF****THE UNITED KINGDOM OF GREAT BRITAIN AND IRELAND****AND****THE FRENCH REPUBLIC****DATED OCTOBER 15, 1915****INTEREST PAYABLE APRIL 15 AND OCTOBER 15****DUE OCTOBER 15, 1920**

Both principal and interest payable in New York City in United States gold coin, without deduction for any present or future British or French Taxes

Coupon bonds in denominations \$100, \$500, and \$1,000, which may be registered as to principal.

Registered bonds in denominations of \$1,000, \$10,000 and \$50,000 and authorized multiples.

Coupon and registered bonds interchangeable.

Convertible, at the option of the holder, on any date not later than April 15, 1920, or (provided that notice be given not later than April 15, 1920) at maturity, par for par, into 15-25 Year Joint and Several 4½ per cent. Bonds of the Governments of the United Kingdom of Great Britain and Ireland and the French Republic. Such 4½ per cent. bonds will be payable, principal and interest, in United States gold coin, in New York City, free from deduction for any present or future British or French taxes, will mature October 15, 1940, but will be redeemable, at par and accrued interest, in whole or in part, on any interest date not earlier than October 15, 1930, upon three months notice.

A large amount of these bonds having already been withdrawn for investment, we, whose names appear below, offer, on behalf of a country-wide group of institutions and bankers, the unsold balance, subject to prior sale and change in price.

PRICE 98 AND INTEREST, YIELDING NEARLY 5½ PER CENT.

Payment may be made either in full on October 29th or at the option of the purchaser, 50 per cent. on October 29th and the balance on December 3rd.

Application will be made to list these bonds on the New York Stock Exchange.

Temporary bonds will be ready for delivery on or about October 29th, exchangeable for the definitive bonds when prepared.

American Exchange National Bank

Bank of America

Bank of New York

Chemical National Bank

Chase National Bank

First National Bank

Bankers Trust Company

Central Trust Company

Columbia Trust Company

Equitable Trust Company

August Belmont & Co.

Chas. D. Barney & Co.

Blair & Co.

William P. Bonbright & Co., Inc.

Brown Brothers & Co.

Clark, Dodge & Co.

Harvey Fisk & Sons

Heidebach, Ichelheimer & Co.

Hallgarten & Co.

N. W. Halsey & Co.

J. P. Morgan & Co.

Hanover National Bank

Importers & Exporters National Bank

Irving National Bank

Liberty National Bank

Manhattan Company

Mechanics & Metals National Bank

Merchants National Bank

National Bank of Commerce

National City Bank

National Park Bank

Seaboard National Bank

Title Guaranty & Trust Company

Union Trust Company

United States Mortgage & Trust Company

United States Trust Company

Maitland, Coppel & Co.

Montgomery, Clothier & Tyler

Potter, Crotch & Prentiss

Wm. A. Read & Co.

Redmond & Co.

Ramick, Hodges & Co.

Rhoades & Company

Williams Salomon & Co.

J. & W. Sellsman & Co.

Spencer Trask & Co.

White Weld & Co.

\$64.16 SURPLUS FOR N. Y. RAILWAYS CO.

STEFANSSON TELLS OF GREAT RIDGES OF ICE

SOME OF THEM THREE TIMES AS HIGH AS THOSE DESCRIBED BY NANSEN.

AN ALASKAN TRIP.—M. Stefansson, who came to New York yesterday, reported a net surplus of \$64.16 for the year ended June 30, showing a decrease of \$2,000.00 in gross operating revenues, or a percentage of 8.74%, operating expenses and a decline in net operating revenue of \$28,000.

After all expenses, including the losses on the adjustments made, the company had a surplus of \$64.16, as compared with \$222.34 in the year preceding. Thus small sum remained from a gross revenue of \$13,899.76.

In his statement to the stockholders President Shantz refers to the long pending controversy between the city and the company over franchise tag assessments for the years 1912, 1913 and 1914, and points out that as the same questions are involved as those which arose in 1910 and 1911, which were decided in favor of the company by the Court of Appeals, it is clearly to the interests of the city and the company that these cases should be compromised rather than tried.

He has seen many pressure ridges 60 feet high. I have a photograph of a man on top of a single piece that is over 60 feet high. I know several cases Captain [sic] who has a good knowledge of common knowledge that pressure ridges may be as high as their crown route—35 to 100 feet over the sea. Captain Peary never saw sea pressure that compares with that on the Alaskan coast.

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